

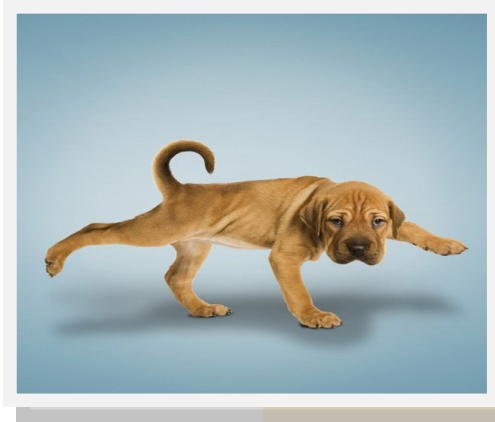
**4 week  
series**

**(\$30)**

# Yoga Foundations-

## Getting Confident with Yoga

**What is this all about? Remove the mystery associated with Yoga and its practice!**



**Can you teach  
an old dog  
new tricks?  
YES!**

**Dates: May 21, 28, June 4, 11**

**Time: 4pm—5pm Min 1/Max 6**

**Where: Burlington Parks & Rec Center**

The first three sessions teach you basic yoga postures and breath techniques.

Final session combines what we have learned into a flow-style class.

This series prepares participants to comfortably and confidently attend regular yoga classes.

Classes held at the Burlington Parks and Recreation Center, 900 E. Fairhaven Avenue. (Use the building's WEST ENTRANCE)



**Questions?**

**360-755-9649 or [Recreation@burlingtonwa.gov](mailto:Recreation@burlingtonwa.gov)**

**Burlington Parks and Recreation Center  
Community Room (Old Library Space)  
West Entrance  
900 E. Fairhaven Ave  
Burlington, WA 98233**

**Registration is easy!**

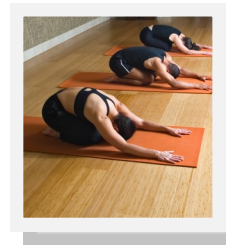
- ♦ Phone us w/Visa/MC 360-755-9649
- ♦ Mail in this form

**Register by 5/14/15**

# Yoga Foundations Registration Form

Tell us a little about your experience with Yoga.

- ☐ I've attended fewer than 5 classes.
- ☐ I have Yoga experience, I just want to fine tune my poses.
- ☐ Just dabbled at home.
- ☐ No experience at all, but I hear it's good for my health and I want to try it.



What are you hoping to gain by taking this class?

*What the heck are they doing?*

☐ \$30 fee (4 week series) I understand there is no drop in price and that I need to attend all 4 classes.

## ???? QUESTIONS ????

- Yoga mat? There are yoga mats to *borrow* at class or you may *purchase* a new mat directly from your instructor for \$11 (Pay instructor at the class, cash only please)
- What to wear? Comfortable loose clothing -sweats ,yoga pants, somewhat fitted t-shirt (so it stays put)

Please mail form and payment to: Burlington Parks and Recreation 900 E. Fairhaven Ave, Burlington, WA 98233  
Or drop off at our office before May 14, 2015.

Cash: \$\_\_\_\_\_ Check# \_\_\_\_\_ (Payable to B.P.R)

Visa/Mastercard# \_\_\_\_\_ Exp\_\_\_\_/\_\_\_\_

3-Digit Numeric from signature panel \_\_\_\_\_ Billing Zip \_\_\_\_\_

### ***Participate Name:***

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

### **Hold Harmless Agreement:**

In consideration of registration acceptance, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my children may have against the City of Burlington, their Elected Officials, Employees, Instructors and Agents for any and all injuries suffered by myself or my children while going to, participating in or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions. I realize there is no personal injury insurance. PHOTO RELEASE: I grant full permission to use any photographs of this program in promotion of the Burlington Parks and Recreation Department.

Your printed name: \_\_\_\_\_

Your signature: \_\_\_\_\_

BURLINGTON PARKS & RECREATION  
900 E. Fairhaven Avenue · Burlington, WA 98233  
Phone: 360-755-9649 · Email: Recreation@burlingtonwa.gov